



### Fast Food Guidelines

Fast food used to mean fried food but many chains have recently started to add healthier options to their menus. Here are some guidelines to making better choices in today's fast food market.

<b>Choose</b>	<b>Limit</b>
Chef salads ( <i>light on cheese</i> ), grilled chicken, garden or side salads with light dressings, cottage cheese, fruit salads	Chunky ( <i>mayo-based</i> ) salads, salads with regular dressing or high-fat toppings i.e. cheese, fried noodles, crispy chicken, bacon bits, olives, etc., taco salad with fried shell, macaroni or potato salad, creamy coleslaw
Grilled or broiled chicken sandwiches, barbecue-flavored chicken sandwiches	Chicken nuggets, fried chicken pieces, fried/breaded chicken sandwiches, hot wings
Regular sized ( <i>single patty</i> ) hamburgers, turkey burgers or veggie burgers, junior-sized sandwiches, chicken pita sandwiches, turkey or soy franks, thin crust pizza with vegetables and/or one meat topping	Jumbo, deluxe, supreme, super, ultimate, super-sized burgers, sandwiches or meals, cheeseburgers, bacon burgers, guacamole burgers, ribs, regular beef or pork franks, pizza with extra cheese or heavy meat toppings
Deli-style sandwiches with lean roast beef or ham, turkey, chicken or veggies without cheese or mayo-based sauces	Meatball sandwiches, Philly cheese steak sandwiches, fried fish sandwiches, tuna salad sandwiches, sausage or salami sandwiches
Baked potato ( <i>with salsa, light sour cream and chives, or a little chili</i> ), baked potato chips, Barbecue baked beans, red beans and rice, chili, corn-on-the-cob	French fries, regular chips, onion rings, hash browns
Pancakes ( <i>no margarine/butter, light syrup/limited amount of syrup</i> ), cold cereal, English muffin, bagels, low fat muffins, buns, whole grain bread/toast	Croissants, Danishes, donuts, biscuits, breakfast sandwiches with sausage, bacon or cheese, French toast sticks, cinnamon buns
Mustard, ketchup, BBQ sauce, pickle, lettuce, onion, relish, tomato, peppers, salsa, jam, jelly, honey, apple butter, lemon	Mayonnaise, bacon, cheese, mayo-based sauces, 'special sauces,' croutons, sour cream, guacamole, margarine, butter, creamers, tartar sauce
100% fruit juice, skim or 1% milk, diet soda, unsweetened iced tea, coffee	Regular sweetened soda, milkshakes
Frozen yogurt, fresh fruit/fruit cup	Fruit turnovers/pies, ice cream, cinnamon rolls

For more information on ways to eat out and stick to your eating plan, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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